

# September 2017

	Tue	Wed	Thu	Fri
				1 Crispy Rice Cereal, Grapes  Chicken Nuggets, Pea/Carrot Mix, WG Bread, Melon
4  <b>Closed for the Labor Day Holiday—No school</b>	5 Waffle, Bananas  Marinated Chicken, Broccoli WW Tortillas, Blueberries	6 Biscuit, Fruit Jelly, Oranges  WW Spaghetti, Beef Meatballs, Tomato Sauce, Cauliflower, Apples	7 WW Bagels, Sunbutter, Grapes  Baked Turkey Breast, Dinner Roll, Green Beans, Strawberries	8 WG Oatmeal, Peaches  Cheese Quesadilla, Salsa, Mel- on, Carrots
11 Multigrain Cheerios, Pineapple  Ground Chicken, Ziti Pasta, Alfredo Cheese Sauce, Corn, Apples	12 WW English Muffin, Egg Patty, Pears  Cheese Pizza, Broccoli, Bananas	13 Crispy Rice Cereal, Grapes  Fish Sticks, Pea/Carrot Mix, WG Bread, Melon	14 Banana Bread, Peaches  French Toast, Turkey Sausage Patties, California Mix Vegetables, Applesauce	15 WG Toasty O Cereal, Oranges  Beef Meatloaf, Green Beans, Apples, Bread
18 WG Kix Cereal, Blueberries  Ground Beef, WG Elbow Macaroni, Tomato Sauce, Carrots, Peaches	19 WG Oatmeal, Pears  BBQ Chicken Breast Chunks, Bun, Broccoli, Melon	20 Low Fat Vanilla Yogurt, Grapes  Pancakes, Turkey Sausage Links, Green Beans, Oranges	21 Biscuit, Bananas  Pork Spiedies, WW Rotini Pas- ta, Pea/Carrot Mix, Melon	22 WW English Muffin, Fruit Jelly, Strawberries  Grilled Cheese Sandwich, Cauliflower, Apples
25 WG Life Cereal, Melon  Fish Sticks, Brown Rice, Carrots, Pears	26 Cinnamon Bread, Apples  Chicken Nuggets, Green Beans, WG Quinoa, Melon	27 WW Bagel, Cream Cheese, Berry Mix  Ground Turkey, WW Tortillas, Black Beans, Salsa, Peaches	28 WG Toasty O Cereal, Oranges  English Muffin Pizza, Broccoli, Bananas	29 WG Oatmeal, Mandarin Oranges  Beef Hamburger, WW Bun, California Mix Vegetables, Grapes

*See CACFP Healthy Child Meal Pattern for serving sizes*

We follow Age 1-2 meal patterns for Sparrows, Chickadees and Swans and Ages 3-5 meal patterns for all other classrooms. Milk is served at Breakfast & Lunch. 1% milk is served to children 2 yrs and older. A variety of cold cereal is served, all with under 6 grams of sugar. Lunch is served with a whole grain bread when a grain is not on the menu. Raw veggies or a fresh fruit platter are served with every lunch as an extra offering. Allowable Substitutions will be made if menu items are not available.

Special Notations:

WW = Whole Wheat  
WG = Whole Grain

Our Pre-School makes every effort to accommodate food allergies and sensitivities. We serve CACFP recommended substitutions. If you wish to discuss your child's dietary needs, please stop in at the main office. A doctor's note may be required for accommodations. Families can bring food from home for their child after a discussion has taken place with the office and any needed documentation is provided.

*Vegetable and/or Fruit Platters are served with every lunch. They may include items such as tomatoes, cucumbers, celery, peppers, snap peas, green beans and carrots etc. and various fresh fruit including seasonal fruit selections as appropriate for the age of the children in the classroom.*